**Abstract by Ace Ang**

Have you ever wondered why an apple turns brown after leaving it out with nothing applied, or how your bag of delicious mozzarella cheese turns darker in colour over the few days? Have you ever thought about how your newspaper magically turned yellow after you left it out in the sun? Or how your school tables have so many brown spots on them? These are all examples of oxidation.

My project is on Oxidation. Of course you may already know what oxidation is, and you may *think* it only applies to your cut apples and pears and your bag of cheese, but the thing is, it happens in your body as well! So, what’s so bad about oxidation? Oxidation is actually a natural process in life, and mostly all it does is harm – Your immune system failing, catching illnesses more often, sneezing out your food when you are eating, and even the dreaded cancer. Yes, oxidation can bring about all of these!

So how do we protect ourselves from those nasty illnesses? It just happens that we can prevent oxidation by simply eating! But we cannot just dig up any old thing from our cupboards, we have to eat healthily.

Sure most of you already know how to eat fruits and vegetables. But do you know which fruit is better and why?

All of this has inspired me to finish my IRS Project and experiment. My IRS project will explain the basics of oxidation, antioxidants and free radicals. Then move deeper into the types of common antioxidants and finally explain the outcomes of the experiments.

Through my presentation, I hope you will achieve a better understanding of oxidation, how it affects us, the things around us, and most importantly how do we defend ourselves from it.